



Shrewsbury Public Schools

Office of Special Education
Pupil Personnel Services
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Special Education and Pupil Personnel ~ Nursing Services
Report to the Shrewsbury School Committee
Prepared by Judy DeFalco, Lead Nurse, Shrewsbury Public Schools
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Introduction

The Shrewsbury Public Schools Health Offices play a critical role in supporting the district's strategic priorities, one of which is ensuring the quality of education necessary for our students to meet the challenges of 21st century. The school nurses support this goal in their daily work as they keep students safe, healthy and ready to learn.

The school nurses have a direct impact on student attendance. Students who need nursing interventions and care are able to attend school and succeed. Students who suffer an injury may seek treatment from the school nurse and most often are able to return to class. In addition the school nurses provide preventative care and health education for students, staff and parents and serves as a critical link between the school, home and the primary health care provider.

In recent years there have been changes, societal, legal, medical and technological that have affected the demand for school health services.

- 1) Increase in the number of students with special health care needs combined with an increase in the severity of the medical diagnosis of these students.
- 2) Improvement in medical technology
- 3) Research relating to educational achievement
- 4) Laws requiring inclusion of all students.
- 5) Changes in family structure and employment patterns
- 6) Rise in social morbidities such as substance abuse, depression, bullying and the increased use of social media.

School Nursing Staff Goals

The Shrewsbury Public School Health Services' program is staffed with a Nurse Leader, 9 full-time nurses, 2 job share nurses and one part-time nurse, providing health care services to 6103 students and 897 staff in the Shrewsbury Public Schools.

The primary goal of the Health Services Department is to provide high quality nursing care to students in order to keep students healthy and ready to learn. The school nurses document the student and staff health visits through the year by the type of visit, and scope of school nursing activity. These activities are divided into four categories:-

- Health Maintenance
- Injury/First Aid
- Mental/Behavioral Health
- Miscellaneous

Total Encounters

An "encounter" was defined as any contact with a student during which the school nurse provided counseling, treatment, or aid of any kind. Mandatory screenings (vision, hearing and postural) were not counted as encounters. Screenings were tracked and reported separately.

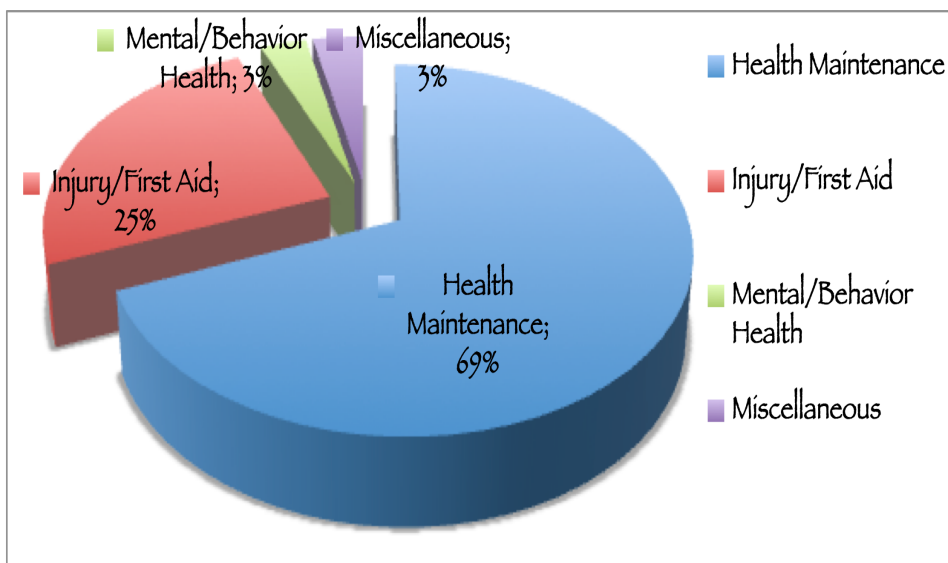
Between August 30, 2011 and April 30, 2012, the Shrewsbury Public School Nurses reported a total of:

40,525 Student Health Encounters

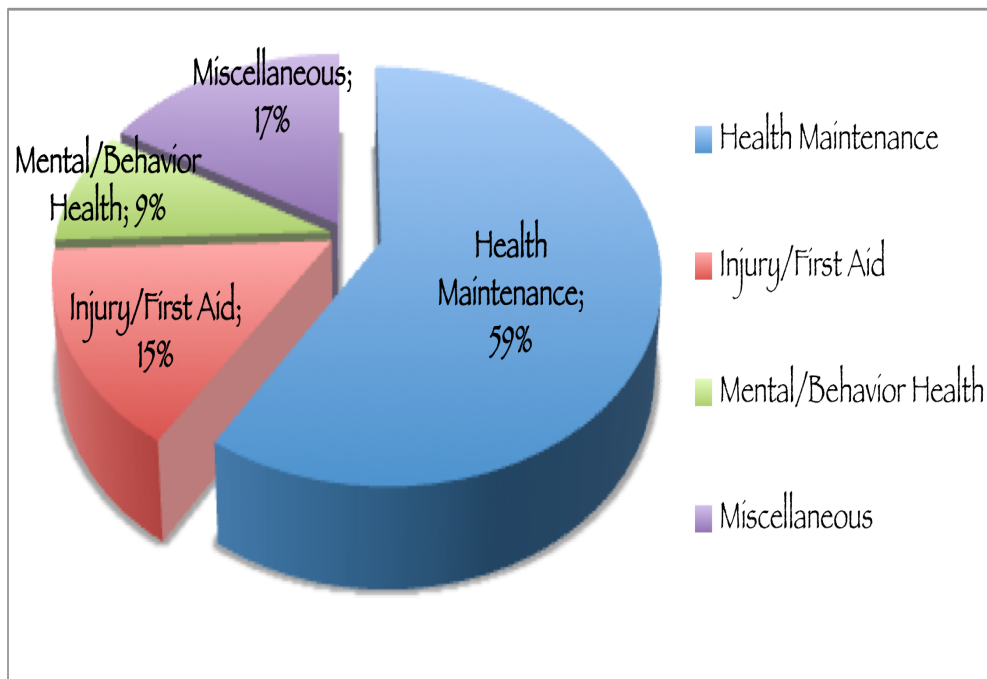
Encounter	# of Students	# of Staff
Health Maintenance	27,960	587
Injury/First Aid	9,962	153
Mental Health/Behavior Health	1,244	89
Miscellaneous	1,359	166

Student Visits to Health Office from August 30, 2011 to April 30, 2012

The return rate to class is 93%.



Staff Visits to Health Office from August 30, 2011 to April 30, 2012



Primary Responsibilities

Disposition after Illness/Injury Assessment

An important function of school nursing practice is to provide health services to students who are sick, injured or experiencing a health emergency. After assessment and treatment by a school nurse, the majority (93%) of students visiting the nurses office with an illness or injury complaint returned to the classroom to continue their studies. Students who are treated by the school nurse can be returned to the classroom with minimal interruption of their educational activities; working parents do not have to take time off; and the high cost of treatment in a doctor's office is avoided.

Medication Management and Administration

- Analgesics
- Antibiotics
- Anticonvulsants
- Antihypertensive
- Antihistamines
- Asthma Medication
- Epinephrine
- Glucagon
- Insulin
- Psychotropic Medications
- Other Prescriptions/OTC Medications

Medication Administration	# of Students	# of Staff
Prescription Daily	6,537	0
Prescription as Needed	1,694	0
PRN Doses Per School Protocol	7,755	606
Medical Procedures	11,672	282

Medication Management (*including medication given per school protocol*)

Medication Class	Scheduled Doses Administered	PRN (as needed) Administered	Total Meds (Daily & PRN)
Analgesics	6	4,096	4,102
Antibiotics	312	0	312
Anticonvulsants	59	3	62
Antihypertensive	0	0	0
Antihistamines	0	79	79
Asthma Meds	137	1,375	1,512
Epinephrine	0	0	0
Glucagon	0	0	0
Insulin	2,130	0	2,130
Psychotropic	3,055	138	3,193
Other Prescription/OTC Meds	838	3,758	4,596
Total	6,537	9,449	15,986

Community Referrals

Referral	# of Students
Physician Referral and Partnering with Community Agencies	9,120 Students referred
Emergency Medical Response (EMS)	9 Medical emergency incidents (911 calls) 20 Other referrals to emergency health services
Preparation and Management of All Field Trips	Preparing medications/Epi-pens/inhalers/supplies for field trips. Meet with Field Trip RN to discuss student medical needs.

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Procedures/Treatments/Intervention Nursing

- Respiratory Procedures (peak flow monitoring, nebulizer treatment, oxygen saturation πcheck, auscultate lungs).
- Diabetic Procedures (blood glucose testing, insulin pump care, carbohydrate/insulin calculations, check ketones).
- Cardiovascular Procedures (blood pressure measurement, central line care, site care, flushing).
- GI/GU Procedures (Naso-gastric, gastrostomy or other feeding tube care or usage).
- Orthopedic Procedures (Wheelchair assistance, crutch-walking instruction).
- Wound Care.
- Head Checks for Pediculosis.
- Creation and service of school evacuation plan for students with physical disabilities.

Nursing Case Management

The Shrewsbury Public School nurses spent a significant portion of their day performing case management duties that included communication with families, school staff, and community health care providers regarding student health issues.

	Number of Communications
Communication regarding IEP's and 504	525
Communications with parents/ Guardians	10,520
Communications with school staff re student health issues	3575
Communication with community agencies	220
Number of student meetings attended	398

Individual Health Care Plans

Students with special health care needs require nursing care management, which starts with the development of Individual Health Care Plans (IHCPs). The IHCP is developed by the school nurse in conjunction with the student's family, physician, school staff, and relevant community health care providers. The IHCP is an individualized plan that details a student's specific medical, nursing, emergency care, and health education needs while in school. IHCPs are reviewed on a regular basis to ensure that students receive the appropriate health care in school.

Emergency Action Plans

Creating Individual Emergency Action Plans (IEAP) for Students with Allergic Reactions

Physical/Developmental Conditions	# of Students
Allergies	
Bee Stings	41
Food Allergies	244
Latex Allergies	28
# of students with Epi-Pens in Health offices	269
Asthma History	364
Inhaler in Office	155
Carries Inhaler	39
Autoimmune Disorders (Arthritis, Lupus, etc)	7
Cancer	1
Cardiac Conditions	4
Celiac Disease	18
Cystic Fibrosis	3
Diabetes	18
Inflammatory Bowel Disease (IBS, Crohns, etc)	5
Migraine Headaches	21
Neurological Conditions	
ADHD/ADD	360
Autism	108
Depression	196
Eating Disorders	14

Monthly Report Data Collection

- Health Service Activity
- Incident Reports
- Emergency Referrals
- Number of Diagnosed or Suspected Head Injuries
- Medication Management for Students
- Medication Staff
- Nursing Assessments/Interventions/Procedures/Treatments
- Nursing Care Management
- Linkages
- Wellness Management
- Support Groups
- Program Development

Behavior Health Interventions (new sub-categories on monthly report)

- Anti-Bullying Intervention by District Protocol
- Coping Enhancement Strategies
- Reassurance Check-in
- Self-Calm Activities; Stress/Anxiety Reduction Activities
- Emotional Support
- Monitor for Self-Harm
- Social Skills Support
- Relationship Guidance

MA Department of Public Health Mandated Screenings

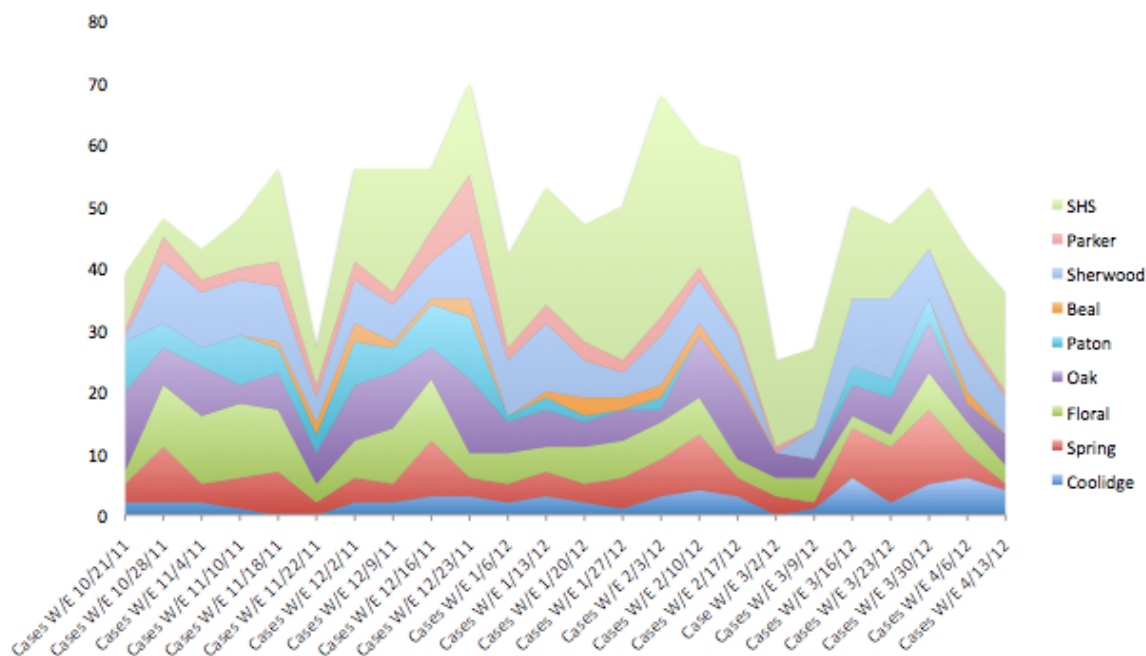
Screening	# of Students
Hearing and vision screenings required for all students grades Pre-K-5, 7 and 10	3902
Referral for further vision evaluations	431 (11%)
Referral for further hearing evaluations	42 (1%)
Postural screenings required for grades 5 through 9*	2,325
BMI (Body Mass Index) measured in grades 1, 4,(6) 7 and 10* (6 th grade is also measured for BMI, however it is not state mandated)	2,330

** Physical Education Staff weigh, measure and perform postural screening. Nurses oversee and perform all re-screens, record data in health record and notify parents for medical follow up.*

BMI Results

The School Committee will be notified when all the data has been entered and the BMI is calculated.

Influenza Like Illness (ILI)



Secondary Nursing Responsibilities

- Attending Individualized Educational Plan (IEP) and 504 Meetings
- Member of Child Abuse Prevention (CAP) Team
- Member of Crisis Team
- Member of Medical Emergency Team (MET)
- Provide Cardiovascular Health Assist - Maintenance and updating for site-based Automated Electronic Defibrillators (AED's)
- Attend weekly or twice weekly Student Support Team meetings.
- Board of Health Emergency Preparedness Team - Flu Pandemic, Directing Emergency Medication Dispensing Sites, Anthrax and NIMS Training, and provide Emergency Shelter Staffing
- MA Department of Public Health Mandated Immunization, Diabetic and Asthma Surveys
- Health Advisory Committee
- Provide Professional Leadership to Community

Tertiary Nursing Responsibilities

- Mentoring BSN nursing students for their community clinical rotation
- Mentoring SHS students who are considering nursing as a career/ACE (Advanced Career Exploration) Program.
- Co-ordinate food drives, winter coat and hat/mitten distribution in conjunction with school based groups
- Mentored School District - MDPH Essential School Health Service Program.
- Grant provides consultation in the areas of policy development, programming and interdisciplinary collaboration and develops linkages between School Health Service Programs and Community Health Care Providers
- Collection of statistical data to meet grant requirements
- Classroom Presentations on Health Related Subjects
- Assist TV production students with timely health related interviews for viewing on local cable network

Cardiovascular Health and Automated Electronic Defibrillators (AED's)

An automated external defibrillator (AED) is a portable device used to restore normal heart rhythm to patients in cardiac arrest. If cardiac arrest is not treated within a few minutes, the condition is fatal.

The SPS have an AED in every elementary school, 1 at Sherwood Middle School, 2 at Oak Middle School (one belonging to Parks and Recreation) and 4 at Shrewsbury High School, one designated purely for the athletic trainer.

The SPS nurses check the AED's status weekly and I facilitate the updates, electrodes and batteries.